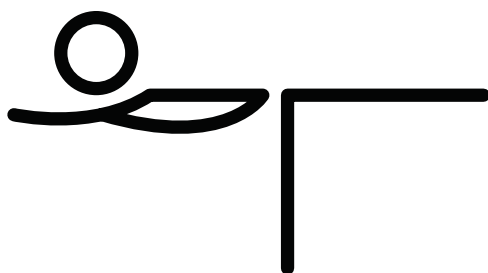


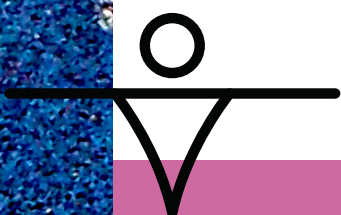
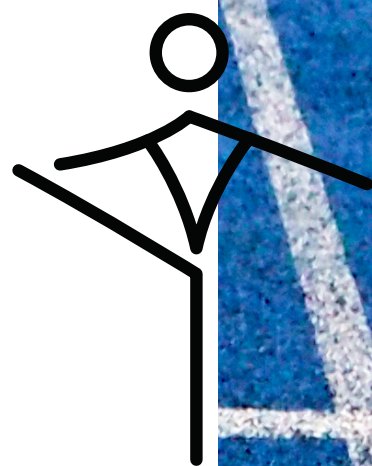


CROYDON  
SCHOOL  
SPORT  
PARTNERSHIPS



# ACTIVE 15 MINUTES CHALLENGE

[#StayInWorkOut](#)





**CROYDON  
SCHOOL  
SPORT  
PARTNERSHIPS**



# ACTIVE 15 MINUTES CHALLENGE

The Croydon SSP Active 15 Minutes Challenges have been created to help children and young people remain active and improve their skills whilst at home. As we are sure you are aware, the government promotes that children and young people should participate in at least 60 active minutes a day. With school closures, social distancing and self-isolation, it is vital that we are still active and this resource will give you some ideas on how you can achieve this. It will also help alleviate some of the boredom of being stuck indoors at this delicate time. Adults are encouraged to join in and make it into a family challenge!

## Key Points:

### Active 15 Minute Challenge Format:

- **Every Day** - There are daily challenges for each day of the week which focus on various different sporting skills.
- **Be Creative** - Feel free to add in your own combination or rules and make the challenge work for your environment.
- **Try and Try again** - The main thing is that you are giving it a go.
- **Share** - Your teacher may give you a platform to upload your challenge video on so you can share and have fun with your class!



**#StayInWorkOut**



**@CROYDONSSP**

## Active 15 Min Challenge: **Squat Challenge**

- **Equipment:** A space
- **Multi Skill:** Lower Body
- **Space:** Enough to be able perform squats without hitting anything.

### Challenge:

- Make sure you research how to do a squat properly.
- You have to see how many squats you can do in 60 secs - **rest for 60 secs, then repeat twice more, recording the score each time. Take the highest score as the best one.**
- You have to see how many jump squats you can do in 60 secs - **rest for 60 secs, then repeat twice more, recording the score each time. Take the highest score as the best one.**
- You have to see how many squats you can do in 2 mins - **Take the final score as a personal best.**

**Making It Harder:** You can perform the squat but on a single leg. Remember it's about the correct form and doing the exercise safely. You can also introduce an extra weight to hold whilst doing squats.

**Making It Easier:** You don't have to squat too low and can only go half the distance on the descent.

**Challenge Question:** What other multi skills can you bring into this challenge?





## Active 15 Min Challenge: **Wall Sit**

- **Equipment:** A wall space
- **Multi Skill:** Coordination
- **Space:** Enough to be able to comfortably fit against a wall

### Challenge:

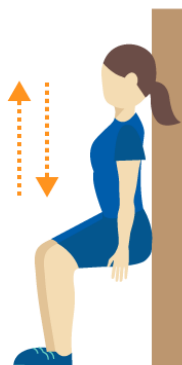
- You have to stand against a wall with your back, flat on it. You should lower your body until you are in the sitting position. Challenge yourself to stay in that position for 3 mins - **rest for 1 min and then repeat**
- You have to repeat the same challenge but now have to hold an item at the same time. This item could be a bag of sugar, rice or anything that has a weight and is easy to hold - the weight is up to you as long as it is safe for you to hold. Challenge yourself to see how you can stay in the sitting position for - **challenge yourself for initially 6 minutes, if you can hold for longer then see how long you can go on for**



**Making It Harder:** You can perform the wall sit whilst only having 1 leg on the floor to support. The other leg has to be kept straight out ahead of you. You can also increase the weight that you are holding but make sure it is safe.

**Making It Easier:** You can still perform the wall sit by not sitting down as far against the wall. You can go halfway between standing and a full sit.

**Challenge Question:** What other multi skills can you bring into this challenge? Eg: Someone could pass you a ball to catch whilst you are doing your wall sit.



## Active 15 Min Challenge: **Pat Ball**

- **Equipment:** A wall space
- **Multi Skill:** Hand Coordination
- **Space:** Enough to be able to hit the bouncy ball up into the air above your head without hitting any ceilings or lights.

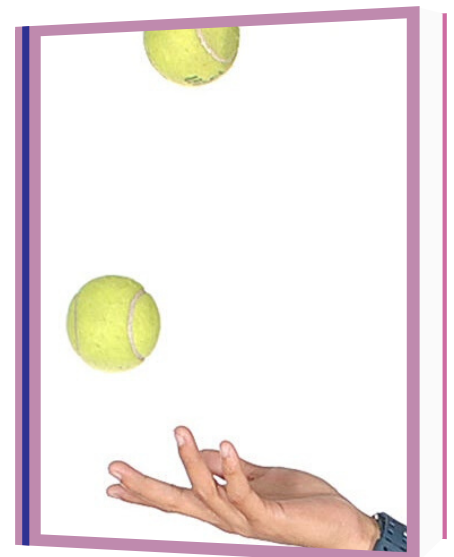
### Challenge:

- You have to do keepy uppys with the bouncy ball and see how many you can do in 1 minute. You should use the palms of your hands to hit the ball up into the air- **record 1st attempt score and then attempt twice more, recording the score each time. Take the highest score as the best one.**
- You have to do keepy uppys using the bouncy ball but only using one hand. See how many you can do in 1 minute. You should use the palms of your hands to hit the ball up into the air- **record 1st attempt score and then attempt once more, recording the score each time. Swap hands and repeat twice. Take the highest score as the best one for each hand**
- You have to do keepy uppys with the bouncy ball and see how many you can do in 1 minute. In between each hit, you need to perform a clap before you re-hit the ball. You should use the palms of your hands to hit the ball up into the air- **record 1st attempt score and then attempt twice more, recording the score each time. Take the highest score as the best one.**

**Making It Harder:** You can perform the challenge whilst balancing on one leg or you can add in two claps in-between each hit.

**Making It Easier:** You can allow the ball to bounce once before hitting back up into the air. You can also use a bigger ball to make it easier to hit.

**Challenge Question:** What other multi skills can you bring into this challenge?





## Active 15 Min Challenge: Capture The Egg

- **Equipment:** Tennis Ball or Small Soft Ball
- **Multi Skill:** Throwing and Catching, Coordination
- **Space:** Enough to be able to throw the ball up into the air above head and not hit any ceilings or lights

### Challenge:

- Throw the ball up above your head and successfully catch in your hands- **repeat x 10**
- Throw the ball up above your head and successfully catch but only using one hand- **repeat x 10 and swap hands**
- Throw the ball up above your head and see how many time you can clap your hands together before catching the ball in your hands - **time this challenge for 4 minutes and see what personal best score you can get**
- Throw the ball up above your head and see if you can touch both hands on your head before successfully catch the ball in your hands- **repeat x 10**
- Throw the ball up above your head and see if you can touch their head, shoulder, knees and toes before successfully catching the ball in your hands -**repeat x 10-if you are struggling to do the whole combination then challenge yourself to see how much of it you can do**

**Making It Harder:** You can perform the tasks but whilst sitting down which is a harder challenge. The focus now is also on the power and placement of the initial throw. This will make it harder to move to catch the ball if the throw isn't directly above the head. You can also further progress by having two people working together which in now involve sending and receiving the ball.

**Making It Easier:** You can use a bigger ball so that the catching is easier. Also can introduce the rule of allowing one bounce if you miss the catch initially so there is still success being gained.

**Challenge Question:** What other combinations can you create to do before catching the ball?



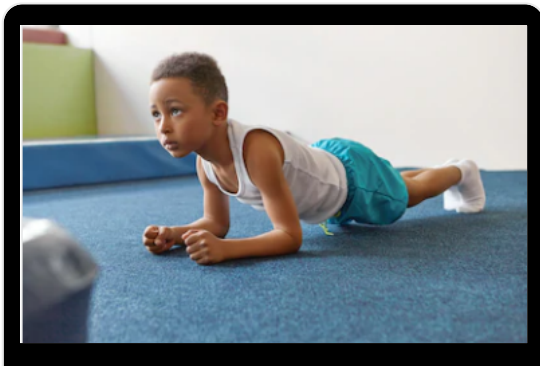
## Active 15 Min Challenge: **Plank Challenge**

- **Equipment:** A space
- **Multi Skill:** : Whole Body Strength
- **Space:** Enough to be hold a plank position

### Challenge:

- Make sure you research how to do a plank properly (see photo)
- You have to get into plank position and perform shoulder taps for 60 secs - rest for 60 secs and record 1st attempt score and then attempt two more, recording the score each time. Take the highest score as the best one.

You have to see if you can hold the plank position for 3 mins - rest for 90 secs and then repeat



**Making It Harder:** Look at the poster on the right for different plank variations.

**Making It Easier:** You can make the time less and allow more rest in-between.

**Challenge Question:** What other multi skills can you bring into this challenge?

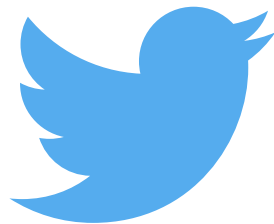




**CROYDON  
SCHOOL  
SPORT  
PARTNERSHIPS**

# Have Fun!

#StayInWorkOut



**#StayInWorkOut**

**Tag us on your  
videos!**

# @Croydonssp